



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 01167, Cheese, mexican, queso chihuahua

Report Date: July 09, 2017 12:43 EDT

Nutrient values and weights are for edible portion.

| Nutrient                    | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source                                | NDB Ref | Last Modified |
|-----------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| <strong>Proximates</strong> |      |                |             |            |     |     |    |    |    |           |                                       |         |               |
| Water                       | g    | 39.13          | 2           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Energy                      | kcal | 374            | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 02/2009       |
| Energy                      | kJ   | 1567           | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 02/2009       |
| Protein                     | g    | 21.56          | 2           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Total lipid (fat)           | g    | 29.68          | 2           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Ash                         | g    | 4.06           | 2           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Carbohydrate, by difference | g    | 5.56           | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 11/1976       |
| Fiber, total dietary        | g    | 0.0            | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 11/1976       |
| Sugars, total               | g    | 5.56           | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 01/2003       |
| <strong>Minerals</strong>   |      |                |             |            |     |     |    |    |    |           |                                       |         |               |
| Calcium, Ca                 | mg   | 651            | 2           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |

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|--------------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Iron, Fe                       | mg   | 0.47               | 2              | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Magnesium, Mg                  | mg   | 23                 | 2              | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Phosphorus, P                  | mg   | 442                | 2              | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Potassium, K                   | mg   | 52                 | 2              | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Sodium, Na                     | mg   | 617                | 4              | 6.112      | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Zinc, Zn                       | mg   | 3.50               | 2              | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Copper, Cu                     | mg   | 0.024              | 1              | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Manganese, Mn                  | mg   | 0.071              | 2              | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Selenium, Se                   | µg   | 14.5               | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 12/1997          |
| <b>Vitamins</b>                |      |                    |                |            |     |     |    |    |    |           |                                       |         |                  |
| Vitamin C, total ascorbic acid | mg   | 0.0                | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |

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|---------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Thiamin             | mg   | 0.018          | 2           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Riboflavin          | mg   | 0.225          | 2           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Niacin              | mg   | 0.150          | 2           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Pantothenic acid    | mg   | 0.279          | 2           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Vitamin B-6         | mg   | 0.055          | 2           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Folate, total       | µg   | 2              | 2           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Folic acid          | µg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 01/2001       |
| Folate, food        | µg   | 2              | 2           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 02/2009       |
| Folate, DFE         | µg   | 2              | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 02/2009       |
| Choline, total      | mg   | 15.4           | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 02/2009       |
| Vitamin B-12        | µg   | 1.03           | 2           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Vitamin B-12, added | µg   | 0.00           | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 09/2004       |

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|------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Vitamin A, RAE               | µg   | 56             | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 02/2009       |
| Retinol                      | µg   | 56             | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 02/2009       |
| Carotene, beta               | µg   | 4              | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 01/2003       |
| Carotene, alpha              | µg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 01/2003       |
| Cryptoxanthin, beta          | µg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 01/2003       |
| Vitamin A, IU                | IU   | 193            | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 02/2009       |
| Lycopene                     | µg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 01/2003       |
| Lutein + zeaxanthin          | µg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 01/2003       |
| Vitamin E (alpha-tocopherol) | mg   | 0.26           | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 01009   | 01/2003       |
| Vitamin E, added             | mg   | 0.00           | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 09/2004       |
| Vitamin D (D2 + D3)          | µg   | 0.5            | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 02/2009       |
| Vitamin D3 (cholecalciferol) | µg   | 0.5            | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 01211   | 02/2009       |
| Vitamin D                    | IU   | 22             | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 01211   | 02/2009       |
| Vitamin K (phylloquinone)    | µg   | 2.5            | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 01009   | 01/2003       |
| <b>Lipids</b>                |      |                |             |            |     |     |    |    |    |           |                                       |         |               |
| Fatty acids, total saturated | g    | 18.843         | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| 4:0                          | g    | 0.898          | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |

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|------------------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| 6:0                                | g    | 0.470              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| 8:0                                | g    | 0.253              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| 10:0                               | g    | 0.552              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| 12:0                               | g    | 0.503              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| 14:0                               | g    | 3.121              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| 16:0                               | g    | 9.247              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| 18:0                               | g    | 3.800              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Fatty acids, total monounsaturated | g    | 8.443              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| 16:1 undifferentiated              | g    | 0.947              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| 18:1 undifferentiated              | g    | 7.496              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |

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| 20:1                               | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 02/1995          |
| 22:1 undifferentiated              | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 02/1995          |
| Fatty acids, total polyunsaturated | g    | 0.892             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| 18:2 undifferentiated              | g    | 0.547             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| 18:3 undifferentiated              | g    | 0.346             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| 18:4                               | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 02/1995          |
| 20:4 undifferentiated              | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 02/1995          |
| 20:5 n-3 (EPA)                     | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 02/1995          |
| 22:5 n-3 (DPA)                     | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 02/1995          |
| 22:6 n-3 (DHA)                     | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 02/1995          |

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| Cholesterol        | mg   | 105            | 1           | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| <b>Amino Acids</b> |      |                |             |            |     |     |    |    |    |           |                                       |         |               |
| Tryptophan         | g    | 0.198          | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Threonine          | g    | 0.818          | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Isoleucine         | g    | 1.076          | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Leucine            | g    | 2.017          | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Lysine             | g    | 1.536          | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Methionine         | g    | 0.608          | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Cystine            | g    | 0.144          | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Phenylalanine      | g    | 1.037          | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |
| Tyrosine           | g    | 1.019          | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976       |

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| Valine         | g    | 1.266              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Arginine       | g    | 0.777              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Histidine      | g    | 0.598              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Alanine        | g    | 0.821              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Aspartic acid  | g    | 1.397              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Glutamic acid  | g    | 4.503              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Glycine        | g    | 0.384              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Proline        | g    | 2.249              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| Serine         | g    | 1.115              | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 11/1976          |
| <b>Other</b>   |      |                    |                |            |     |     |    |    |    |           |                                       |         |                  |
| Alcohol, ethyl | g    | 0.0                | --             | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 01/2014          |
| Caffeine       | mg   | 0                  | --             | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 01/2003          |

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|-------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--------------|---------|------------------|
| Theobromine | mg   | 0                 | --             | --         | --  | --  | -- | -- | -- | --        | Assumed zero | --      | 01/2003          |